the colorado

AIR NEW ZEALAN THE PROPERTY OF THE PROPERTY OF

Tim DeBoom 1st In Ironman NZ

Colorado Pros In Chile

Hobson Starts Out The Season Strong

Tony DeBoom Wins

St. Anthony's - Both

DeBooms and Jill Newman to Pan Am Games

Wildflower: Widoff Wins Again, CU Wins 4th National Championship

Welcome To Our Inaugural Issue!

June-July 1999

www.coloradotriathlete.com



A NEW VOICE FOR TRIATHLON IN COLORADO



www.coloradotriathlete.com

Our Staff:

Managing Editor Copy Editor Photographic Editor Advertising Director Contibuting Editors: Kristen McFarland Pippa Jack* Frank Crawford*

Nicole DeBoom

Timothy DeBoom Neal Henderson Wes Hobson

Melissa Emmer*

Contributing Photographers:

Toni Trafford/Sportz Shotz Jamie Janover* Kristen McFarland

*subsequent issues

Web Site Developement:

Tridigital Consulting:

Sherry Smith, owner Courtney Elmendorf, designer

We welcome and encourage submissions of all kinds! (Electronic is preferred.) Contact us at the address shown at right.

Copyright 1999. All rights reserved. No part of this magazine may be reproduced without the written permission of the publisher. The Colorado Triathlete is a registered trademark of COTRI, LLC.

The Colorado Triathlete 1906 13th St., Suite 206 Boulder, Colorado 80302 303.443.3371

888.443.3371

kmcfarland@coloradotriathlete.com

On the Cover: Tim DeBoom crosses the line at IM New Zealand with second place finisher, Cameron Brown, hot on his heels in the background.



contents

June-July 1999

I ronman New Zealand Fighting off rain and a hometown favorite, Tim DeBoom captures his first Ironman victory at Lake Taupo. by Tim DeBoom	
Chilean Adventure Fans and fun find some Colorado pros at three races in Chile	departments
St Anthony's State pros dominate the top ranks and win three slots for the Pan Am Games19 Wildflower Wrap-Up: CU's Triathlon Team wins its fourth national championship by Neal Henderson, Head Coach	Intervals Along the Way Letter from the editor by Kristen McFarland
victories to get the season rolling8 USA Triathlon News16	<pre>by Kristen McFarland9 Open Forum Guest editorial</pre>
Club News and Contacts16	by Dr. Joe Dreitlein10
State Race Schedule	Colorado Results USTS Los Angeles Memphis in May Lake Havasu Gulf Coast

Intervals Along The Way



Welcome to Our Inaugural Issue

This issue is a prototype in a way. It is a start for what many of us hope to be a thriving voice for and of triathlon in Colorado. For the six years that I have lived here I have worked with a richly varied and talented group of individuals. From beginning age-groupers to internationally ranked foreign pros and our own Ironman champions, triathlon is an intense part of all of their lives. They come here to work and live and train, but not necessarily in that order. Or they were already here and picked up the sport because there is so much of it happening around them. Either way, the word is certainly out about our quality of life and the availability of excellent training opportunities. Great coaching, highly educated athletes, and our lovely, high-altitude mountains make an effective mix for

success. Our magazine and website will be focused on Colorado and what our athletes and those who train here are doing. Judging from the magnificent wins the pros have been racking up around the world, the University of Colorado team taking yet another national championship, the ever present influx of visiting athletes, and the many age-groupers who regularly make the world team or qualify for the big day in Kona, we will never be lack-

ing in exciting news and acheivements to report. Our aim is also to promote the races, clubs, camps, and services we have, and support the growth of more, making more resources available to the athletes.

Beginning this project has been strikingly similar to my first semester of graduate school. You are, at first, so overwhelmed by the sheer volume of what needs to be mastered that you question the sanity of your decision to tackle it. Reading and typing into the wee hours of the night and cursing the lack of information on some subject that you're trying to write about...working a "real" job (that I thankfully love) also to keep the bills paid...worrying about how others will evaluate your work...The familiarity of the pattern was beginning to dawn on me. Like the grad work, though, as the knowledge starts coming you settle into the routines and things look a bit less scary. Then you realize that it really was the right chioce after all and you gear up for the long haul ahead towards graduation. Except for this venture, its graduation day will be when it truly becomes part of our vibrant triathlon community.

Kristen McFarland, MS, ATC, CMT Managing Editor

Watch for these stories in our next issue!:

Full color coverage of the Desert Sun and Boulder Peak Races



Wes Hobson's victory at Alcatraz



Results from Morgan County
Tinman, Longmont, Avon, Cheyenne
Mountain, Saturn Sprint, Ft. Collins,
Danskin, Keystone Xterra, and the
Ironkids Bread kid's triathlon



Colorado pro results from mid-season ITU and USTS races and the Pan Am Games

CHILLING OUT IN CHILE

It was a fun and productive week for Tony DeBoom and Jill Newman of Colorado Springs, and Pat Brown of Boulder, as they enjoyed

successful races and the resort town atmosphere of both Pucon and Serena, Chile.

The first race, in Pucon, is held in the shadow of a huge active volcano with the

swim in a pristine deep water lake, "like Lake Tahoe" said DeBoom, who was first out of the water and

finished a strong fourth (2:48:50) behind Peter Reid. "Peter and I duked it out for third. I had put a minute on him, but he outdid me in the end." Pat Brown, 9th, raced beside summertime Boulder resident Cristian Bustos, who is a national hero in his home country. "The spectators went crazy for Cristian," said Brown. He commented that Pucon was "one of the best, well run races that I've been

Three Colorado Pros
Race and Relax Amidst
Warm Hospitality and
Beautiful Surroundings

to...It's fun to race that time of year because there is no pressure." Jill Newman, who won the race last year, led most of the bike leg but was unable to hold off Heather Fuhr for the repeat.

Nevertheless, her excellent second place finish (3:08:35) set the stage for her victory the following weekend.

At 6am the day after the race Tony, Pat, and Jill, along with Peter Reid, Heather Fuhr, and Chris Legh, hiked the volcano. "It turned into a six hour hike!," said Pat. Tony added that "You can look down and see the lava right there! Chris (Legh) and I ran down in foot-deep volcanic ash. I was sore all week."

Despite having to recover from their escapades on the volcano, both Tony and Jill also had great races the following weekend in La Serena. In the spectator oriented two-loop sprint race (400mS/10kB/2.5kB-twice) Newman crossed the line first (57.33). Although he finished third this year (51:51) and had won last year, DeBoom felt he had learned quite a bit of strategy last year for this unusual format and had "alot of fun."

The following day DeBoom flew north to Antafaghasta for an ITU race with a highly competitive international field. "I had a day to recover for that race," he said, but finished a very respectable 5th place for 125 ITU points. Three races in eight days, not a bad week's work.

Old Louisville Inn

Finest Lunch and Dinner

Beautiful Antique Bar
Guiness On Tap
Live Music:
Thursdays and Fridays
(Irish on Thursdays)

740 Front Street, Louisville 303-666-9982 (owned by triathletes!)

wind sprints

Benefit in Boulder

In what Dave Scott described as the largest group of triathletes ever to gather in Boulder (for a non-race event), nearly 200 athletes and family gathered in January for a benefit for the Boulder Food Share at the Boulder Theater. For a can of food as an admission ticket, the attendees were treated to a showing of NBC's 1998 Ironman telecast, without the commercials, and a talk given by Dave Scott. He was in his usual relaxed form as he delighted the audience with many humorous stories of his years in triahtlon. In addition to the presentations, a raffle was held with prizes donated by area merchants triathlon related companies. Organizer John Von Plutzner was very pleased at the turnout, as several hundred pounds of canned food were collected for the Boulder Food Share.

Spring Powerman Races

Cameron Widoff and Andy Bruckner, both of Boulder, had excellent finishes in the spring Powerman Alabama Duathlon on March 28th, placing third (2:41:57) and fourth (2:43:39), respectively. Kimberly Bruckner, Andy's older sister and very talented newcomer to the sport, surprised everyone (except those who've been riding with her) by winning the women's field (2:58:39). Danelle Ballangee of Dillon, well-known organizer of the Evergreen Triathlon and a member of the Ecochallange Team Synergy, came in a strong 8th (3:12:55).

Earlier in the month, at the Powerman Honolulu on March 14th, Tony DeBoom of Colorado Springs finished 7th (2:47:52).

USTS Austin

Logging another win for early Tim season, the DeBoom took home the prize at the first United States Triathlon Series (USTS) race. The 12 event series began in Austin, Texas on May 2. Also finishing in the front were fellow Boulderite Pat Brown in 6th (2:04:00), and Nicole DeBoom, who placed third in her first foray into the professional ranks (2:13:35).

The USTS, whose lead sponsor is Bally Total Fitness

Clubs, is in its second year of resurrection after having lost its financial support several years ago. Its return has been welcomed by american pros who have waited patiently through years with almost no prize money races available here at home. In '97 there were only 3 continental U.S. triathlons with a purse to put up. Providing both non-drafting and draft-legal formats, the USTS also thankfully offers competition for the nodraft purists who have a decreasing number of venues in which to show their talent.

ITU Season Openers

The ITU series started out dismally for Colorado's pro triathletes this year, except for Siri Lindley, who continues to place respectably in every race she enters. Ishigaki, Japan has not been a favorable race for the "home team" in recent years, and this year was no exception. Lindley (Boulder) had our best showing at 10th place (2:02:09), with Denver's Jennifer Gutierrez coming in at 17th (2:03:36). Farther back in the pack were Colorado Springs' Laura Reback finishing 28th (2:04:52), and Jill Newman at 32nd (2:05:45).

The men fared worse, as the best showing came from Nick Radkewich (Colorado Springs), who is usually closer to the front in these drafting races, but placed 20th (1:50:18) in the very large and competitive international field. Joshua Dapice and Mike Smedley, both US National Resident Team members in Colorado Springs, finished 36th (91:51:35) and 59th (1:53:29). Ryan Bolton (Boulder) came in 65th (1:55:41).

The following week in Gamagori, Japan, Lindley was closer to the top, just one second out of third place after a sprint to the finish with Michelle Jones of Australia, logging an awesome 1:55:26. Laura Reback also raced and finished 60th (2:05:58). Nick Radkewich had a better day than the previous week, returning to his more usual top-ten finish. This time it was an 8th (1:44:34). Other Colorado participants were Garrett McCarthy of Louisville (37th, 1:47:12), competing for his native Ireland, as usual, and Mike Smedley (52nd, 1:49:20).

On May 2nd the series moved on to Sydney, Australia and the site of the 2000 Olympic Games, where triathlon will make its debut and lead off the opening day from the famous Opera House steps. The american men were again dominated by a strong international field, with our top finishers Mike Smedley (37th, 1:57:37) and Joshua Dapice (41st, 1:59:47). The US women had a better showing, with Siri Lindley (Boulder) taking another 4th (2:04:24), and Co. Springs residents Laura Reback (2:06:08), Jill Newman (2:08:45). and Gail Laurence (2:09:54) placing 16th, 28th, and \$2nd.

THE CENTER FOR INTEGRATIVE THERAPIES



A Holistic Approach to Physical Therapy



Traditional and non-traditional Physical Therapy Rolfing Massage Therapy Pilates



Free initial consultation
Insurance billing available



303.447.9939

1295 South Broadway, Suite B Boulder, Colorado 80303



Wes Hobson kicked off the 1999 season with five races in sunny southern climates. He began with with the Monarca Valle de Bravo Triathlon in Mexico in March.

The Valle de Bravo Triathlon the first 1999 International Triathlon Union (ITU) points race in America....The North United States was reprebvMartha sented Callahan Sorensen. Hatfield, Beth Zinkand competing in her first professional race, military athlete Mike Hagen and yours truly. Also, four members of resident team the U.S. (Colorado Springs).Suzanne Martineau, Kristin Armstrong competing in her first professional race. Mike Smedley. and Victor Plata.....The 6000

feet in altitude caught me offgaurd. With my hometown being in Boulder, Colorado, the same altitude, this was a great opportunity to benefit from altitude training......The race brochure read twenty kilometers up and then "retorno". With over 2,000 feet of climbing, the brochure did not lie.....

4. Wes Hobson 2:01:44
Boulder
8. Victor Plata 2:05:04
Co. Springs
7.Kristin Armstrong 2:29:01
Co. Springs

I won the Gold's Gym Yuma Triathlon in Yuma, Arizona this past weekend. (March 27, 1:50:13) This is one of the oldest triathlons in the sport. The triathlon benefitted the Special Olympics program. Many of the future olympians were there to help volunteer for the race. The race is also a creative 1.5k swim, 10k run, and 40k bike format......It was great to run "fresh.".....Another unique aspect of the race is that the

HOBSON STARTS OUT STRONG

Edited from Wes Hobson's newsletters

Excerpts printed in italics



start began in California and the finish was in Arizona. Arizona has an hour time difference. I mentioned in my awards speech the bad news that evereyone had to add an hour to their time.....

The next race for Wes was the Pan Am qualifier on April 24th, which the annual St. Anthony's race was chosen to serve as this year.

During my eleven years as a professional triathlete, I have competed at St. Anthony's nine of those years.....The race took place Saturday afternoon 4:30.....Many of the spectators were the 1700 triathletes who were racing the next morning. Hence they were relaxed and enjoyed rooting for their "favorite horse."....I had a great swim and exited the water in fifth place.....After three of the (bike) laps, our lead group was whittled down to four, Tony DeBoom (USA) (Colorado Springs), Gilberto Gonzalez (Venezuela), Garrett McCarthy (Ireland) (but really Colorado). Louisville. myself,...I would say Tony did %50

of the pulling, I did %40, Gilberto %10, and Garrett never took a pull. He was a little tired from racing the previous two weekends in Japan......Tony and Gilberto took off and I couln't go with them. Tim DeBoom, Tony's brother, had a great run and caught me at mile four. Tony had a great race and I was very impressed with

work on the bike.

(See St. Anthony's article in this issue for more details and full Colorado results).

his effort as he did a lot of

On May 2nd, Wes and Boulder's Sue Latshaw raced in St. Croix .Latshaw finshed fourth (3:02:58), and Hobson placed fifth (2:38:06) despite the heat and a mishap on the bike.

At the 25k mark, my spare tire came undone from under my

seat. As I tried to grab it, the tire caught between my frame and rear wheel. I couldn't pedal anymore.....I started to feel the heat and my run went from a race to a survival run...I have raced for 16 years and in over 200 triathlons...This is the first time I had an IV after the race. To cap off these early successes, Wes was victorious at the St. Kitts International Triathlon on May 9th in the British Virgin Islands.

I consider this bike course to be one of the three toughest Olympic distance courses I have ever raced. A two-loop course including eight hills. On this course, one cannot fake fitness in any of the disciplines. Jenny Guttierez of Greenwood Village grabbed a big win in the women's pro race (2:23:02). Susanne Martineau and Kristen Armstrong, both members of the USAT Resident Team in Colorado Springs, took sixth (2:41:02) and seventh (2:41:36), respectively. ₩

taking care of your self:

As Goes Our Life, So Goes Our Sport by Kristen McFarland, MS, ATC, CMT

Sport, for most of us, is a recreational endeavor. Unlike activities done purely for fitness reasons, the sport one chooses is not only a reflection of that person, but also a sort of self-expression. You don't usually say "I do triathlons." Instead you say "I am a triathlete." Here in Colorado, because of the nature of the population, sometimes when you ask somebody what they do, they will innocently answer with what their recreational first love is rather than what their job occupation is. You can hear a highly-paid software engineer introduce himself as a rock climber, a veterinarian say first, "I am a runner", and more than one waiter declare, "I am a snowboarder." Our sport helps define our identity.

Because it is such an important part of our lives, it effects us emotionally when we don't do well. It's that pesky self-esteem thing. Even though we know we're still a "good person" if we do poorly at a competition, it still eats away at us. Staring at the pages of our training log, we mull over what aspects of our training and nutrition program could be improved upon. Consciously or not, we feel better about ourselves when we live up to our own expectations (however hard) and therefore strive to do so.

There is the flip side of that coin, though. Just as our performance effects our emotional state, that same emotional well-being can make or break how we perform. When things are not right in our lives it will detract from our athletic abilities in many different ways.

For some, emotional distress can cause a lack of desire to train or compete. It's pretty difficult to muster the will to win when you're preoccupied. Every champion will tell you that focus is an essential ingredient. For others training can turn into a form of escapism--when all those extra-long rides are just an excuse not to go home to that empty house, or that spouse with whom things might not be going so well....Then the overtraining exacerbates the intensity of the emotional distress and you've got yourself a viscious cycle. We all know that rest is important for bodily recovery, but it also gives us time to take care of other matters that need to be dealt with.

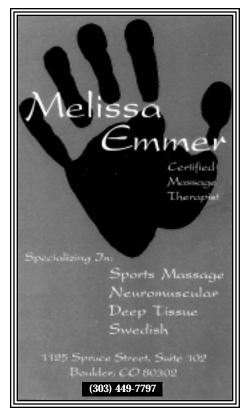
Addressing personal emotional issues and at least trying to clear them up can potentially change your results as much as altering some part of your training schedule. It may seem like unusual training advice, but the best coaches in any sport keep an eye on all aspects of their athletes' lives. It is obvious that a happier, more centered athlete will have a better chance to excel. Remove the mental obstacles and watch yourself fly.

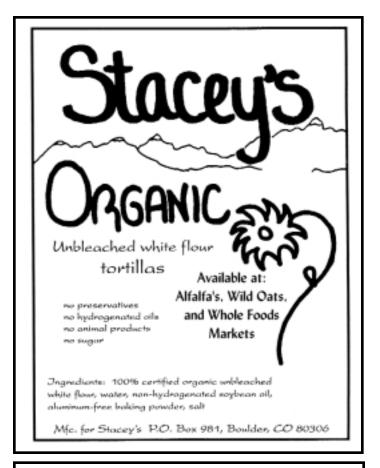
All in all, remember to be patient with yourself, be patient with your progress. And when things seem "stuck" for a long time and you feel as though you're not moving forward no matter what you change in your program, step back and take a good look inside, because the answer might not be in your training log.

Sherry L. Smith Principal TriDigital Consulting®



1503 Spruce St #1 Boulder, CO 80302 cellular • 303/882-8636 phone/fax • 303/440-3877 sherry@tridig.com www.tridig.com





Make Actual What is Potential!

in a fun, supportive environment

A comprehensive approach to triathlon training and racing

- •Expert one-on-one coaching in all 3 sports
- Individualized programs
- Opportunities for group coaching and/or training by ability
- Seminars and presentations
- •Access to select audio and video tape instruction
- Adjunct support staff in relevant areas of concern:
 Sports nutrition, physical therapy, sports psychology

Our hope is to help make your sport work for your life and your life work for your sport.

Janet Runyan: '96 National Champion 100k Run
'98 US Team Bronze at 100k World Championship
'98 Masters National Champion 50 Miles
Beth Davis: Professional Triathlete and Cyclist for 6 yrs.
Junior Olympic Champion: Freestyle Swimming
Masters Coach and Swimming Instructor: 9 yrs.

For more information contact Beth Davis at (303) 554-8857 or emdavis@indra.com

OPEN FORUM

GUEST EDITORIAL

THE CLEANSING OF THE ELDERS

Dr. Joe Dreitlein

In another surprise move by the ageists, the 65-69 age group Hawaiian Ironman qualifier spot was removed from the Wildflower Long Course Triathlon. Now all those in their sixties are in the same pool of contenders for an Ironman slot in all races except, for the time being, Ironman distance races. A brief look at the race statistics reveals that no one over sixty-five can outperform those in their early sixties. Effectively then, the 65-69 age group has been excluded from the Hawaiian Ironman since the number of Ironman distance slots is miniscule. This is the only age group that has been eliminated. Triathlon has been one of the few sports which is participant oriented as opposed to spectator oriented. It has typically been open to all citizens who want to challange themselves and have the fun of discovering their limitations. Recently, starting with the Olympics, some race organizers have succumbed to exploitave commercialism and begun to change the nature triathlons. The Olympic Triatlhon will be a team sport mutated into a spectator sport much like the pathetic "sports" of baseball and football crafted to entertain vicariously the physically and mentally dead. It is hard not to believe that the same forces which degraded the Olympics from the Greek ideal are not at work in the age cleansing of the Hawaiian Ironman. Before society becomes a full paedocracy, let's hope that the sport of triathlon keeps its character as an activity where everyone, no matter how limited, can challange themselves for the pure fun of it. Besides, if the old folk are removed from triathlons, what will replace the comic relief of seeing doddering geriatrics staggering to the finish line?

Is there something that you would like to speak out about?

Would you like to compliment or berate a race director? NBC? An issue facing triathlon today? We welcome your submissions to our Open Forum column. Send your thoughts to:

openforum@coloradotriathlete.com, or you can snail mail us at The Colorado Triathlete, 1906 13th Street, Suite 206, Boulder, Colorado, 80302.

wildflower power by neal henderson, cu team coach

For a record

fourth year in a row, the University of Colorado Triathlon Team won the USA Triathlon Collegiate National Championships. Yawn. "So what's new?" you might ask. The answer to that question lies not only in the results that the Buffs achieved, but what it takes them to get there and how they earned it.

The CU Triathlon Team is composed of over 100 members primarily from the Boulder Campus of the University of Colorado. While most are undergraduate students, there are also graduate students, alumni, and other members associated with CU on the team. Only full time students are eligible to score for the collegiate championships, but all are entitled to compete. The team begins each year with weekly workouts - the hallmarks of which are the weekend LSD bike and run workouts. Though there are members of all ranges of ability, nearly everyone finds a pace that meets their particular needs. In fact, in any ride you may be riding with a novice triathlete on a mountain bike, or with an age group placer from the

Hawaii Ironman. " At first I felt a little intimidated" says Andy Feeney a 2nd year member and senior at CU, " but once I met some of the people on the team and did some of the workouts, I felt like I was just as much of a triathlete as anyone else."

Besides hammering out some epic training rides and runs, like riding up to

Ward and along the Peak to Peak highway at nearly 10,000 feet of elevation, or running on Magnolia Road, the team does make time to enjoy other things. The club organizes hiking and camping trips, snowshoe and skiing outings, as well as the occasional get together (ie party.) In addition to all of the physical activity, the club has weekly meetings where they

learn about racing and training from local experts and professional triathletes. The list of speakers in 1999 is a veritable who's who in the triathlon

world - Ray Browning, Wes Hobson, Cameron Widoff, and Dave Scott. team also has attracted many sponsors due their impressive performances including Rudy Project, PowerBar, Boulder Running Company, Mickey C's Bagels, Pearl Izumi, Profile, Louisville Cyclery, and Zipp. With help from their sponsors and a lot of effort from club member and race director Gretchen Keisling, the team organized a 5K running race in February. The profits from the Frozen Foot 5K held February 7, 1999 were used to help offset the cost of competing USA Triathlon Collegiate Championships at the Wildflower Olympic Distance Triathlon held the first weekend every May, which brings us to the point of this story.

At 1:30 pm on Thursday April 29, 51 athletes boarded a charter bus in Boulder bound for California. These athletes joined the 12 other team members who had left earlier as part of a suburban and van caravan all towing trailers loaded top to bottom with bikes, tents, and camping gear. Though the bus is equipped with a toilet, TV and VCR - 24 hours is a long trip, especially if you're a light sleeper or someone who cringes at the thought of sitting on a bus for one full day. Since the bus is full of athletes trying to hydrate before a big race, there are plenty of stops along the way - usually once every 3 or 4 hours. The advantage for the van and suburban

> drivers is a night's rest in Las Vegas, though you must pay for this convenience by driving your share of the 1200 mile trip.

> When the bus arrives at Lake San Antonio, everyone piles out and begins working on making the designated CU campground their temporary home for a couple of days. Within 10 minutes, a virtual tent city is erected awing the surrounding campers.

If you've never experienced the Wildflower Triathlon dent Stephen Luckey in 4:51. For those of the offroad persuasion, there is also a mountain bike triathlon held on Saturday. For the CU team, though, the big one is on Sunday.

The Olympic Distance race starts with the collegiate men's wave followed 2 minutes later by the collegiate women. This year, the race featured about 200 collegiate men, and over 120 collegiate women. Prior to the start, the CU team roars out their school cheer — with a few minor modifications to the lyrics. Anticipating strong finishes this year were senior Teri Duthie, who placed second in 1997 & 1998 and Nick Cady, who placed 5th in 1998. Behind their two team leaders were a host of returning athletes and many new faces ready to make their names heard in 1999.

At the conclusion of the swim, all looked well for the Buffs who were ready to charge onto the bike course. Junior Nick Cady shot into the lead on Beach Hill, wasting little time on his assault on a course record while Teri Duthie found herself in the same position – out front and all alone. All along the bike course, black and gold uniforms rolled by. Though there is a lot of competition at the top end, there are also a number of team members for whom finishing is a challenge. "This was my first triathlon and my biggest goal was to finish." says Jill Walker a junior.

By the finish of the bike leg, both Duthie and Cady held convincing leads – but both knew that the run course is no walk in the park. As Kai Costanzo, 4th

widoff wins again

Boulder's Cameron Widoff added another Wildflower title to his record, continuing his domination of the half-Ironman distance Hawaii Ironman qualifier race. In fourth place off the bike, he quickly passed the leaders to finish two minutes out in front. When asked about his recent win, a pleased Widoff remarked, "I just feel really lucky to be racing at all after the accident last year," referring to his crash due to a fork failure at Zofingen last year that landed him in the ICU.

Tony DeBoom (Colorado Springs) finished in 7th,
with Boulder duathlon power Andy Bruckner just
15 seconds behind.

see complete colorado results on the following pages!

place finisher for CU puts it "That run course is super hard....harder than any other I've ever done." While Cady was out front, Neal Henderson (grad) and Ryna Ignatz (soph) found themselves running 2nd and 3rd for CU and top 20 for the men. On the women's side, CU was everywhere. Following Duthie on the run were senior Beth Anderson in 3rd, while grad students Kirsten Anderson, Gretchen Keisling, and Kerry Barnholt all held top 10 positions.

At the finish Nick Cady crossed the line in 2:03:54 earning him the USA Triathlon Male Collegiate Champion while Duthie finished in 2:21:00 – USAT Female Collegiate Champion. Both were over two minutes ahead of the second place finishers. The scoring for the collegiate team championship is based on the combined time of the top 3 mens' and womens' times for each school. Rounding out CU's scorers for the women were Anderson (2:26:53) and Anderson (2:31:52) and for the men were Ignatz (2:18:55) and Henderson



(2:18:57). The combined time for CU was a record 14 hours and 1 minute − 45 minutes faster than 2nd place team Cal Poly. Rounding out the rest of the top 5 teams were University of Arizona, University of Northern Arizona, and Navy. While 1999 was a record year for the Buffs with the overall men's and women's champions, and a 4th straight team championship, don't expect to see them resting on their laurels in 2000. ★

Neal Henderson is the coach of the CU Triathlon Team and is a USA Triathlon Level 1 certified coach. He can be contacted by email at henderna@colorado.edu.

WILDFLOWER TRIATHLON FESTIVAL RESULTS:

PROS: LONG COURSE				
CAMERON WIDOFF		BOULDER	_	4:03:51
TONY DEBOOM		CO SPRINGS	7	4:18:40
ANDY BRUCKNER		BOULDER	8	4:18:55
PETER VALENTYIK		BOULDER	19	4:33:38
	ш	EVERGREEN	18	5:02:12
DANELLE BALLENGEE	ш	DILLON	21	5:17:15
OVERALL: LONG COURSE	Ж			
DAVID SWIDERSKI	34	AURORA	7/20	4:37:34
	37	BOULDER	13/78	4:51:23
STEPHEN LUCKEY	26	BOULDER	30/80	4:51:40
	31	LITTLETON	29/101	4:54:56
_	21	BOULDER	11/106	4:55:21
AND	24	BOULDER	20/244	5:14:25
	25	BOULDER	74/250	5:15:03
	40	BOULDER	22/251	5:15:21
STEPHEN KIRWIN	31	BOULDER	115/471	5:36:35
삇	09	GOLDEN	3/480	5:37:34
GARY SMITH	44	ENGLEWOOD	57/570	5:46:32
Ⅎ	33	BOULDER	144/587	5:47:50
OVA	F29	BOULDER	28/621	5:50:54
MICHELLE THOMAS	F23	BOULDER	9/671	5:55:31
	28	BOULDER	129/679	5:56:16
ORF	F23		11/695	5:58:05
	29	LAFAYETTE	132/720	6:01:01
JINGER GOTTSCHALL	F25	BOULDER	49/910	6:24:10
EVAUGHN	F53	CO SPRINGS	4/993	6:37:11
	F36	ASPEN	31/1011	6:38:44
-E≺	F25	FT COLLINS	58/1029	
_	38	LOUISVILLE	186/1104	_
ELLER	F28	BOULDER	68/152	7:10:37
AMY CLEMONS	F24	LAKEWOOD	19/1251	8:03:49
TIMICOS DAIG INI ATIMI OM	, DENIL		_	

MOUNTAIN BIKE SPRINT (.25MI S/10 MI B/ 2 MI R)

0	DANA DUTHIE	53	CO SPRINGS	5/162	1:10:54
ΓR	ALLISON KIRWIN	F29	BOULDER	7/149	1:10:23
IAT	RANDY MURPHY	56	BOULDER	53/242	1:15:34
HL	OLYMPIC DISTANCE RACE: OVERALL RESULTS	CE: OVE	ERALL RESULTS		
ΕT	JOHN VERSON	26	BOULDER	59/257	59/257 2:45:13
Έ	ALBERT CHAMILLARD	36	CO SPRINGS	58/469	2:56:56
	JULIE STETTLER	F23	BOULDER	35/650	3:09:56
	RAPRAPA SCHOOLEV	FOG	מבת וו המ	66/661	GG/GG1 2.10.E2

35/1100 4:23:17 60/1124 5:25:30 66/661 3:10:52 118/689 3:13:08 30/778 91/796 22/791 94/805 SOULDER CO SPRINGS CO SPRINGS **AFAYETTE** DENVER BOULDER **30ULDER** NIWOT F26 F35 F28 F28 F29 F40 F36 BAKBAKA SCHOOLE CHAD DUTHIE LORRAINE GRUBER PATTI WILDER JESSICA XAVIER **SETH HENRICH** DANA DUTHIE LIAM HANDEL

3:22:07

3:23:17

3:21:14 3:19:57

EXPERT SWIM COACHING

IMPROVING YOUR EFFICIENCY= IMPROVING YOUR SPEED

PERSONALI ZED INSTRUCTION CAN MAKE ALL THE DIFFERENCE!

NICOLE DEBOOM

IS AVAILABLE FOR PRIVATE LESSONS PROFESSIONAL SWIM INSTRUCTOR,

CURRENTLY RANKED 3RD ON USTS PRO TOUR 1998 US ALL-AMERICAN TRIATHLETE

CALL 303-516-1260

FOR MORE INFORMATION



WI LDFLOWER (CONTI NUED)

C

COLLEGIATE NATIONALS:MEN (OLYMPIC NICHOLAS CADY 21 BOULDE	S:MEN		DISTANCE)	2:03:54
GUY ALVAREZ	25	FT COLLINS	2	3:0
RYAN IGNATZ	20	BOULDER	19	2:18:57
NEAL HENDERSON	25	BOULDER	20	2:18:57
TYLER CARNER	19	BOULDER	56	2:20:10
ANDREW FEENEY	21	BOULDER	34	2:22:21
KAI COSTANZO	18		36	2:22:45
LUCAS LLADO	22		25	2:26:26
MARCEB DEALMEIDA	24	BOULDER	26	2:28:25
CARLOS PEREZ	21	BOULDER	62	2:28:49
GREG WOODS	21	BOULDER	89	2:29:51
RYAN KELLY	56	BOULDER	69	2:30:35
DOUGLAS BERNARD	56	LOUISVILLE	77	2:31:44
ROGER PHILLIPS	22	FT COLLINS	82	2:33:03
SHAWN STEEN	23	BOULDER	91	2:34:38
TAG ROGERS	56	LOUISVILLE	66	2:35:58
JEFF CORMACK	19	ARVADA	109	2:39:30
BEAU BIERHAUS	56	BOULDER	110	2:40:09
JUSTIN GIRVES	56	BOULDER	11	2:40:28
AARON BEHR	21	BOULDER	115	2:41:35
JONATHAN HOPPIN	19	FT COLLINS	118	2:41:55
PAUL BRUSASCHETT	22	BOULDER	120	2:42:05
BOB SEEBOHAR	27	FT COLLINS	125	2:43:28
WILLIAM MAGENSEN	21	FT COLLINS	135	2:48:01
JOSEPH ALLEN	56	BOULDER	140	2:49:38
DAVID RUNKLES	19	FT COLLINS	144	2:50:55
SCOTT KOZIAR	20	BOULDER	154	2:55:06
BRAD NIELSEN	21	BOULDER	161	2:56:36
TIM MINEO	21	BOULDER	166	2:58:51
JAMES ADAMS	27	BOULDER	169	2:59:55
EVAN SCHNEIDER	70	FT COLLINS	175	3:06:39
TOBEN LAFRANCOIS	28	FT COLLINS	178	3:12:52
RYAN HUGHES	19	BOULDER	180	3:21:19
OBA KAZ	27		183	3:23:09
ALEIANDRA FLOREZ	20		186	3:38:26
TODD ARMSTRONG	21	BOULDER	187	4:19:04

 σ

(1)

 ω

3:26:29

3:22:12

3:26:33 3:31:53

BOULDER BOULDER BOULDER

BOULDER

BOULDER

3:36:12 3:36:35

FT COLLINS

BOULDER

GRETCHEN BRUNER

ANDREA DUBAY

CAROLYN CANAVAN

3:12:46

FT COLLINS

FT COLLINS

3:14:19

FT COLLINS

BOULDER

BOULDER

MAUREEN ESTEVEZ

LEA STENERSON CONNIE ARAGON **TERESA WILSON BRIDGET SLEVIN**

LAUREN WRAY

KATHY SHINNICK

JESSICA HYLAND

JILL WALKER

KAYCE CASNER

ERICA DEAN

DANNA RIEGER

3:11:34 3:11:57 3:20:20 3:21:35

BROOMFIELD

2:38:28

6

OPEN MIXED SEX RELAY(OLYMPIC DISTANCE)
TEAM "D SPRAINED ANKLE"
LONGMONT

TRIATHLON TEAM FOR AN

CONGRATULATIONS CL

UNPRECEDENTED 4TH

2:32:17

2:35:17

2:36:26 2:41:18 2:45:17

2 9

SUPERIOR

BOULDER

MOLLY NICKERSON KERRY BARNHOLT

BARBEKKA HURTT COLLEEN COOKE

BOULDER

BOULDER

2:26:53 2:31:52

BOULDER BOULDER

BOULDER

COLLEGIATE NATIONALS:WOMEN 22 BI

0

ELIZABETH ANDERSON

GRETCHEN KEISLING KIRSTEN ANDERSON

 σ

2:21:00

2:49:38 2:53:55

2:49:16

15 27 27 29 38

FT COLLINS

BOULDER

BOULDER BOULDER

MARKETA MCGUIRE

LISA BEEN

S

LISA BOATRIGHT

IONAL CHAMPIONSHIP

THE COLORADO TRIATHLETE JUNE-JULY 1999

(1)

3:02:39

3:02:46 3:04:21 3:07:31

BOULDER BOULDER BOULDER BOULDER BOULDER

SHANNON RIGGERS

ANYA MILLER

AMY SIEGEL

BRIGITTE FRENCH

ERIN MCFADDEN

LEAH GORMAN

ABBIE KALEMBA

3:02:04

2:58:56 2:59:35

FT COLLINS FT COLLINS

BOULDER

COLLEGIATE NATIONALS:WOMEN, (CONTINUED)

FT COLLINS

W I LDF LOWER (CONTI NUED)

	DATTE PLACE une 6 Longmont	$\mathbb{RA}\mathbb{CE}$ Longmont Triathlon	LENGTH 875ydS/17miB/5miR	CONTACT	PHONE 303.651.8404	WIEB SITTE
June 11-1	Ft. Morgan	Tinman Triathlon	.9miS/31miB/10kR	necalg@twol.com	970.867.9409	
	Monument	Saturn Sprint Triathlon		wallgraf@hpi.net	719.632.3933	
	Grand Junction	Desert Sun Triathlon	1.2miS/13miB/13.1miR	sport@gj.net	970.241.6786	www.gj.net/sport
July 18	Ft. Collins	Ft. Collins Tri and Du	.25miS/13miB/5kR 3kR/13miB/5kR		970.224.2582	www.ftcollinsclub.com
July 24	Avon	Avon High Country Tri and Du	800ydS/14miB/5miR	avon@vail.net	970.748.4032	www.avon.org
August 1	Boulder	Boulder Peak Triathlon	.93miS/24.8miB/6.2miR	paul@boulderpeak.com	303.380.9155	
Aug. 7-8	Denver	Danskin Triathon	.5miS/12.4miB/3.1miR		800.452.9526	
Aug. 7-8	Keystone	Xterra	750mS/15kB/5.5kR 1500mS/30kB/11kR	info@teamunlimited.com 808.521.4322	808.521.4322	www.teamunlimited.com
August 15	Aurora	Aurora Sprint Tri and Duathon	.5miS/16miB/3.5miR 3.5miR/16miB/3.5miR	scotgrab@aol.com	303.646.4753	
Sept. 11	Winter Park	Snow Mnt. Ranch MTB Du	5k/15k/5k		303.443.4743 ext.4130	
Sept. 11	Leadville	Tri It High Triathlon			719.486.4226	
Sept. 19	Co. Springs	Clean Air Triathlon		cleanair@cInair.org	719.633.4343	www.clnair.org
Sept. 19	Glenwood Spgs.	Tri-Glenwood Triathlon			970.945.7724	
Sept. 25	Ft. Collins	Tinley's Choice Mtb. Triathlon	.5mS/20miB/8miR	kurek@hfpracing.com	614.470.3988	www.hfpracing.com
		Extreme Mountainbike Du	2miR/18miB/2miR	=	=	
Sept. 26	Ft. Collins	Anyone's Mtb. Triathlon	.25miS/12miB/4miR	=	=	

D S T A T E R A C E S C H E D E

USA Triathlon News

On June 5th in Clermont, Florida, 23 amatuer Colorado triathletes competed for a chance to represent the United States at this year's World Championships. Over half were successful, as 12 will be travelling to Montreal, Canada for the race to be held on September 11th and 12th. Below is a list of those who participated, with the qualifiers marked with an asterisk:

WALTER DENINO	22	BOULDER	1:58:21*
TIM SANDELL	34	CO SPRINGS	2:00:47*
KEVIN KONCZAK	30	BOULDER	2:01:08*
COLE BLAIR	39	BOULDER	2:03:47*
BLAKE OTTERSBERG	17	PUEBLO	2:04:26
STEVE FROMMER	28	BOULDER	2:06:02
VICTOR SELENOW	46	BUENA VISTA	2:11:58
TAMARA ARENDSEN	31	BOULDER	2:12:14*
BOB UTBERG	35	GR'NWOOD VILL.	2:13:46
SUSAN GRIFFIN-KAKLIKIAN	1 44	CASTLE ROCK	2:16:53*
JONATHAN MODINE	31	BOULDER	2:18:39
RORY GEITNER	24	LITTLETON	2:23:20*
KRIS SKILES	46	BOULDER	2:26:57*
MICHAEL CHESSNOE	57	DENVER	2:28:57
ROGER MYERS	50	LAKEWOOD	2:31:05
GEOFFREY NENNINGER	19	BOULDER	2:31:23
STEVEN LOCKE	52	CO SPRINGS	2:36:18
RITA SHARP	51	BOULDER	2:40:55*
MARA FAIR	32	BOULDER	2:42:57
BARBARA KOSTNER	50	LAKEWOOD	2:43:52*
HEIDI HOFFMANN	50	ASPEN	2:45:25*
CELESTE CALLAHAN	56	DENVER	2:48:02*
KARL MAHLE	63	BOULDER	3:01:39

CONGRATULATIONS AND GOOD LUCK AT WORLD'S!

CLUBS AROUND THE STATE

Dave Scott's MultiSport Club	303.786.7184
1310 College Ave., Boulder, CO 80302	www.davescottinc.com
or go to www.onelist.com/subscriber/DSMSC to	get a monthly schedule

Boulder Triathlon Club 303.938.2109

Tri Altitude e Multi-	Sport Club	303.471.0512
9345 S. Wolfe Street,	Highlands Ranch, CO 80126	

Peggy Dursthoff-Gordon Tricoach1@aol.com

Women's Triathlon Club of Boulder 303.554.8857
Beth Davis emdavis@indra.com

University of Colorado Triathlon Team 303.449.8595 925 University Ave., Boulder, CO 80302

Neil Henderson, coach henderna@colorado.edu

Northern Colorado Triathlon Club
Ft. Collins, Tony Dragon (contact)
970.407.9763

rt. Comis, Tony Dragon (contact)

Bad Boys and Girls Tri Club 303.796.8581 South Denver Metro Area jimflint@den.galileo.com

CONTACTING US

MAIL:

Letters to the Editor can be sent to:

The Colorado Triathlete 1906 13th St., Suite 206 Boulder, Colorado 80302 or emailed (preferable) to: letters@coloradotriathlete.com

Letters pertaining to general issues in triathlon will be published in the **Open Forum** column, letters concerning the magazine itself will be printed in the regular **Mail** section. All appropriate letters will be published. Submissions may be edited for grammer and spelling.

BULLETIN BOARD:

This section is available for free listings of group rides, folks looking for training partners, travel companions or car-pooling to races, general requests for help or information, etc. Basically anything non-commercial. Send submissions to the address above or email to:

bulletinboard@colorado triathlete.com.

CLASSIFIED ADS:

Classifieds are \$10 per issue for up to 100 characters and spaces combined, for services offered or items for sale. Classifieds looking to buy items will be printed for free. Contact us at classifieds@coloradotriathlete.com or 303-443-3371 for more information.

ALL POSTINGS WILL BE ON THE WEB SITE AS WELL!

COLORADO RESULTS

Lake Havasu, Arizona June 6, 1999 Secondary Pan Am Games Qualifier

Women:

1	Jennifer Gutieri	ez Greenwood Village	2:08:25
7	Gail Laurence	Colorado Springs	2:12:07
M	en:		

8 Victor Perini Colorado Springs 1:57:04 9 Mike Smedley Colorado Springs 1:57:26

GULF COAST HALF IRONMAN TRIATHLON MAY 9,1999 PANAMA CITY, FLORIDA

MEN:

42 JOHN SWIFT	25 EVERGREEN CO	4:25:19
83 JAMES GOMEZ	32 LAFAYETTE CO	4:38:31
119 TROY THEODOS	27 BOULDER CO	4:45:09
186 DAN ACKERSTEIN	27 BOULDER CO	4:54:20
215 CISCO QUINTERO	43 ERIE CO	4:56:56
267 JERRY BRADY	50 AURORA CO	5:02:49
390 STEVEN WEISER	30 DENVER CO	5:16:23
426 DENNIS KAISER	51 DILLON CO	5:19:41
518 JASON MCDONALD	22 AURORA CO	5:27:38
599 PAUL MARTIN	58 AURORA CO	5:35:34

WEN:

VVOIVI⊑IN.		
21 DIANN SWEENEY	32 DENVER CO	5:03:45
60 CINDI LEHMAN	30 BOULDER CO	5:23:11
76 JEAN HADLEY	36 VAIL CO	5:26:47
153 SUSIE WASSON	33 ARVADA CO	5:54:40
157 MARA FAIR	32 BOULDER CO	5:55:24
168 SHERRY SMITH	37 BOULDER CO	5:59:21



Gourmet Cajun Cuisine Live Music

2027 13th Street Boulder, Colorado 1/2 Block off the Pearl Street Mall 303-440-5858

USTS Los Angeles May 23, 1999 2. Tim DeBoom Boulder 1:50:16 3. Victor Plata Colorado Springs 1:50:50 3. Nicole DeBoom Boulder 2:04:00

XTERRA RACES: COLORADO PROS

Ruston, Louisiana 3. Sue Latshaw 7. Danelle Ballangee	May 16th Boulder Dillom	3:07:18 3:24:54
4. Pat Brown	Boulder	2:43:17
Austin, Texas 3. Sue Latshaw	May 23 Boulder	2:29:28

Posture and Movement

Coaching and Analysis

Imbalances in posture, structure, and body use account for the majority of musculoskeletal problems. Correcting imbalances and inefficiencies can resolve pain and improve performance.

DOUGLAS WISOFF PHYSICAL THERAPIST

video taped movement assessment biomechanical evaluation gait and postural retraining

Call for your appointment today... THE CENTER FOR INTEGRATIVE THERAPIES Boulder, Colorado (303) 654-7478 ext. 3

MEMPHIS IN MAY	TR	ΙΑΊ	HLO	N () DD) MA	Y 23	B, MI	LLI	NGT	ON,	TENN	ESSEE
Male 20-24													
3 235 TYLER CARNER	19	2	21:12	1.18	3	1:04:40	22 7	1.47	3	45:30	7.20	2:14:25	BOULDER
Male 20-24	'	_	21.12	1.10	0	1.01.10	,	,		10.00	7.20	2.11.20	BOOLDER
4 26 NICHOLAS CADY	21	14	20.14	0:56	2	56:56	25.8	1.11	ء ا	37.20	6·01	1.56.35	BOULDER
11 70 JEREMY BURT	24	25		1:05		1:00:28			l			2:02:04	
Male 25-29		20	20.14	1.00	10	1.00.20	24.0	0.55		30.20	0.01	2.02.04	00.01 100
9 56 KEVIN KONCZAK	29	35	22.37	1:07	5	57:46	25.5	1.26	7	37-31	6.03	2:00:24	BOULDER
10 64 CHRIS RICHARDSON	26	16			_	59:19			l	38:41		2:01:20	DENVER
12 74 PAUL HEIMAN	29	18			12				l	40:10		2:02:38	
23 113 STEVE FROMMER	28	36		1:25		1:01:22			l			2:06:13	BOULDER
47 202 JESSE CORE	25	l		1:29		1:00:27			l			2:12:38	GLENDALE
51 212 KEITH WEST	28	64				1:02:43			l			2:13:02	CASTLE RCK
79 383 WILLIAM RUSHING	28								l			2:24:55	COSPRINGS
82 394 JERALD VOLCEK	28								ı			2:26:19	DENVER
86 408 JOSHUA BALLARD	28	57		1:31					l			2:27:08	BOULDER
92 437 BILL WADE	29	76							l			2:29:54	CO SPGS
Male 30-34			20.10					2.0.	` `	10.00	0	2.20.0	00 0. 00
33 137 ANDREW HALPERIN	32	51	24:01	1:15	23	59:31	24.7	1:52	46	41:30	6:41	2:08:06	NIWOT CO
Male 35-39											0		
19 170 LUKE BREEDLOVE	37	46	25:22	0:57	17	1:00:55	5 24.1	2:03	25	41:22	6:40	2:10:38	DENVER CO
22 183 DICK SUMERFIELD	36	12							ı			2:11:37	BOULDER CO
41 248 BOB UTBERG	35	25				1:03:58			l			2:15:27	GRNWD VILL
80 496 FREDDIE RODRIGUEZ	35	67		1:52		1:12:55			l			2:34:09	CO SPGS
Male 40-44													
3 78 JOHN DELMEZ	42	19	23:51	0:59	9	59:36	24.7	1:53	1	36:52	5:57	2:03:09	H'LANDS RA
Male 50-54													
9 445 ROGER MYERS	50	13	29:15	1:14	7	1:06:42	22.0	1:58	12	51:21	8:17	2:30:28	DENVER CO
Male 60-64													
7 642 LEONARD MOORE	63	3	30:20	1:59	3	1:11:31	20.6	2:07	9	1:01:2:	9:53 2	2:47:18	NATHROP
Female 20-24													
1 13 TERI DUTHIE	22	4	21:22	1:16	1	1:02:35	23.5	1:37	3	44:03	7:06	2:10:51	BOULDER
Female 25-29													
5 31 SUSANNE ACHTENHAGE	N28	8	22:40	1:21	5	1:04:54	22.7	1:41	12	45:46	7:23	2:16:21	BOULDER
8 42 MICHELLE HUFF	27	10	23:08	1:27	27	1:11:49	20.5	1:53	2	41:49	6:	2:20:04	AURORA
20 96 AIMEE STOUT	25	11	23:31	1:31	25	1:11:42	2 20.5	2:06	23	50:09	8:05	2:28:57	CO SPGS
Female 30-34													
3 19 BETH MEYERS	32	8	22:57	0:59	2	1:02:28	23.5	1:30	7	43:55	7:05	2:11:47	CO SPGS
5 29 HEIDI MCKENNA	32	17	24:32	1:17	14	1:07:37	21.7	1:46	3	40:43	6:34	2:15:52	CO SPGS
Female 35-39													
29 166 JULIE RICHMAN	37	15	26:24	1:18	33	1:16:35	19.2	1:51	31	55:09	8:53	2:41:16	BOULDER
Female 45-49													
1 74 KRIS SKILES	46	2	23:44	1:42	1	1:05:17	7 22.5	2:47	8	52:44	8:30	2:26:11	BOULDER
Female 50-54													
2 117 CARLA DEVAUGHN	53	1	28:24	1:29	2	1:07:13	21.9	2:05	4	53:00	8:32	2:32:09	CO SPGS
5 159 RITA SHARP	51	5	31:05	1:26	4	1:08:54	21.3	2:01	5	56:39	9:08	2:40:03	BOULDER
Female 55-59													

ST. ANTHONY'S

It was a big day for triathletes in St. Petersburg, Florida on April 24th. On the line in the St. Anthony's triathlon were four of the six places on the United States Pan American Games Team and age-group slots into the Hawaii Ironman World Championship this October.

Traditionally one of the big pro season openers, St. Anthony's also is an points racethe key to gaining access to US Olympic

For Jill Newman of Colorado Springs, it was furthur confirmation (see Chile article in this issue) that she is healed and in top race form following a stress fracture last year. She won the

team trials next spring.

second of the two women's Pan Am team positions behind Karen Smyers. Jenny Gutierrez (Greenwood Village), and Gail Laurence (Colorado Springs) were close behind in third and fourth places.

M

Tony DeBoom

In the men's race, Garrett c C a r t (Louisville/Ireland), Wes (Boulder), Hobson and Tony D e B o o m (Colorado Springs), formed lead pack with Gilberto Gonzalez Venezuela. DeBoom rode

strong, leading the peloton a great deal of the eight lap crit bike course. Once into the run, Tony was able to shake Gonzolez on the last loop of a four-loop run to win by 30 seconds. Tim DeBoom, who had been trailing in the chase pack on the ride, surged though the competition to finish in third

3 of 4 Pan Am Games team positions go tი colorado triathletes

behind his brother Gonzalez. Being the second place American, he and his brother will make it an all-in-the -family Pan Am Team at the Games in Canada in July.

PRO WOMEN: 2 JILL NEWMAN COLORADO SPRINGS 13 19:28 9 0:40 3 1:04:20 23.1 1 1:24:27 40:12 6:29 2:05:12 0:34 3 JENNIFER GUTIERREZ GREENWD VILL 2 18:50 8 41:12 6:38 2:06:16 0:34 8 1:05:04 22.9 4 1:24:27 0:38 4 GAIL LAURENCEMANITOU SPRINGS 1 0:32 5 1:04:55 22.9 0:38 10 41:27 6:41 2:06:31 5 19:01 3 1:24:27 13 CALLAHAN HATFIELD CO SPRINGS 25 20:53 22 0:46 12 1:05:41 22.7 17 1:27:19 14 0:46 12 42:32 6:51 2:10:36 43:13 6:58 2:11:07 14 SUSANNE MARTINEAU CO SPRINGS 26 20:55 0:34 14 18 KRISTIN ARMSTRONG CO SPRINGS 16 19:51 0:45 20 47:31 7:39 2:15:21 5 PRO MEN: 1 TONY DEBOOM CO SPRINGS 7 17:44 19 59:20 25.1 0:27 33:35 5:25 1:51:38 0:33 1 1:17:37 15 2 33:44 5:26 1:52:55 3 TIMOTHY DEBOOM **BOULDER** 19 18:12 42 0:37 7 59:56 24.8 6 1:18:44 22 0:28 4 WES HOBSON 3 59:33 25.0 0:22 10 35:44 5:45 1:53:45 **BOULDER** 6 17:38 5 0:30 3 1:17:40 **6 VICTOR PLATA** CO SPRINGS 9 17:50 21 0:34 25 1:01:27 24.2 23 1:19:50 2 0:22 34:12 5:31 1:54:23 7 GARRETT MCCARTHY LOUISVILLE 5 17:36 22 0:34 4 59:35 25.0 4 1:17:44 23 0:28 17 36:29 5:53 1:54:41 34 PETER VALENTYIK 0:45 33 1:02:02 24.0 30 1:21:35 44 0:43 33 39:36 6:23 2:01:53 **BOULDER** 33 18:49 57 36 MICHAEL GARCIA MANITOU SPGS 0:34 40 41:31 6:41 2:02:08 32 18:46 30

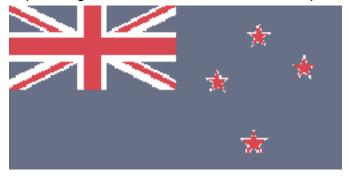
ST. ANTHONY'S AGE-GROUP RESULTS APRIL 24,1999

3 172 GEOFFREY NENNINGER 0:52 6 45:52 7:23 2:13:18	19 BOULDER CO 4	1 19:53 6 1:21 2 1:05:2 22.8 3 1:26:35 3
8 502 LISA NELSON 10 1:45 4 46:44 7:32 2:28:18	23 GOLDEN CO	14 28:17 9 2:01 6 1:09:33 21.4 8 1:39:51
4 28 DAVID DORNAUS 1:18:59 24 1:19 11 41:20 6:40		S CO 1 17:06 15 1:25 5 1:00:28 24.6 3
12 92 JASON MCDONALD 16 1:08 14 42:46 6:53 2:08:06		19 21:24 17 1:29 8 1:01:21 24.3 13 1:24:13
19 101 STEVE FROMMER 75 1:46 10 39:14 6:19 2:08:46	28 BOULDER CO	26 21:18 84 2:16 26 1:04:14 23.2 26 1:27:47
29 174 MATTHEW CORE 6 1:08 28 41:51 6:45 2:13:25	28 BROOMFIELD CO	68 24:04 18 1:33 35 1:04:51 23.0 38 1:30:28
35 198 JESSE CORE 55 1:35 49 43:59 7:05 2:14:44	25 GLENDALE CO	75 24:25 51 1:51 18 1:02:56 23.7 29 1:29:11
100 852 ALBERT AH SING 113 2:25 80 50:22 8:07 2:41:02		106 27:54 129 6:03 101 1:14:20 20.0 109 1:48:16
20 810 MARA FAIR 14 1:42 27 56:27 9:06 2:39:41	32 BOULDER CO	13 23:15 16 2:01 23 1:16:18 19.5 18 1:41:33
24 680 JULIE RICHMAN 12 1:27 22 50:01 8:03 2:33:57	36 BOULDER CO	12 23:41 8 1:37 38 1:17:13 19.3 26 1:42:30
6 49 DANE CHALMERS 1:22:33 3 0:54 19 40:45 6:34		S CO 7 20:08 11 1:15 3 1:01:12 24.3 5
12 106 BOB UTBERG 1:25:30 19 1:05 27 42:20 6:49		GE CO 10 20:54 4 1:06 16 1:03:31 23.4 9
112 959 ANDY WIRTH 1:47:03 45 1:19 120 56:57 9:10		123 30:13 94 2:17 101 1:14:34 20.0 112
125 1076 WALTER RAUB 1:55:41 89 1:39 116 55:28 8:56		128 30:36 144 3:44 131 1:21:22 18.3 132
69 616 JEFFREY KLINE 50 1:34 36 43:50 7:04 2:32:10	44 BOULDER CO	120 32:35 92 2:38 75 1:11:34 20.8 99 1:46:46
8 732 CINDI TOEPEL 2 1:17 12 51:03 8:13 2:36:16	48 LITTLETON CO	22 30:40 11 2:06 10 1:11:13 20.9 13 1:43:58
7 1075 HEIDI HOFFMANN 1:45 10 1:05:25 10:32 2:52:40	50 ASPEN CO	5 27:42 5 1:58 9 1:15:51 19.6 6 1:45:31 5
6 411 ROGER MYERS 21 1:51 11 49:54 8:02 2:24:10	50 LAKEWOOD CO	13 25:29 3 1:31 4 1:05:27 22.7 7 1:32:25
2 1042 CELESTE CALLAHAN 2:16 2 55:13 8:54 2:50:20	56 DENVER CO	3 32:53 2 2:31 2 1:17:29 19.2 2 1:52:52 2
137 PAUL MARTIN 31 BO	ULDER CO 496 26:18	3 151 1:33 127 1:03:28 23.4 232 1:31:19 2:12:15

ironman new zeaLAND by Tim deboom

photos by toni trafford, sportz shotz photography

The idea of an Ironman so early in the year can be somewhat daunting. It was no different with me. March is normally a time when most are just starting to get outside on their bikes and pick up their training routines. It is not a time to be in peak condition and ready to perform in the heat of summer, but a brand new race in an exotic location turned out to be a great motivator to get out the door into the Colorado winter. The 1999 New Zealand Ironman departed from the combustion of sprawling Auckland and moved to the quaint



volcanic town of Taupo.

I found myself excited on the long flight down to New Zealand. It always seems shorter on the way there than back home. The kindness of the New Zealand people still amazes me. I was surprised during my layover from Auckland to Taupo to see my host family from last year there to pick me up and have some breakfast in between flights. Their hospitality is amazing.

When going to New Zealand, it is definitely more than just a trip, it is a true

journey. This became very evident on my twin prop flight into Taupo. As harrowing as the short flight was, I was amazed at Lake Taupo's beauty from above. The lake is surrounded by volcanoes and forests. If the race was as good as the surrounding, it would be unforgettable.

Race week before an Ironman is always exciting, and it was no different in Taupo. The town really supported the race, and I was immediately reminded of Kona and from what others have said, Penticton, the venue of Ironman Canada. There were athletes everywhere, and all the shops seemed to be official Ironman New Zealand sponsors. The event hosted a great carbo loading dinner and parade. The Maori people officially welcomed the race to Taupo, which coincidentally included a big, mean-looking, sparsely dressed native waving a spear in my face. They told me it was tradition.

After a week of festivities and checking out

the course, we were all ready for the race to begin. Race morning arrived, and with it, the rain! I can't quite describe the feeling setting up my transition area knowing it was going to rain all day. It is quite a unique experience for an Ironman.

The favorite for the men's race with the number one seed was Kiwi Tony O'hagen, 2nd in last years event. The other top five seeds were myself, Andreas Neidrig of Germany, Scott Balance, and Cam Brown, both from New Zealand. The women's favorite had to be



Melissa Spooner, 4th in Hawaii last year. The other contenders were Jan Wanklyn and Robynn Rooke from Australia, and Karen Mills and Heidi Alexander from New Zealand

At 7:00 AM, the cannon fired and the race was underway! The swim was one big loop that ended in the mouth of a river to a boat ramp. With the skies still dark and cloudy, it was nice to have a kayak with a light to lead the way. As with most Ironmans, packs of swimmers formed, and I was happy to be with the leaders. German speedster, Andreas Niedrig, was first out of the water with a group of eight or nine on his heels. He blazed through the transition and set out on the bike with James Bonney of the US and Cam Brown from NZ. Jan Wanklyn of Australia was the first woman to reach her bike and she was out to prove that she should not be overlooked. She would need the ride of her life to stay ahead of the field though.

The bike course consisted of two loops

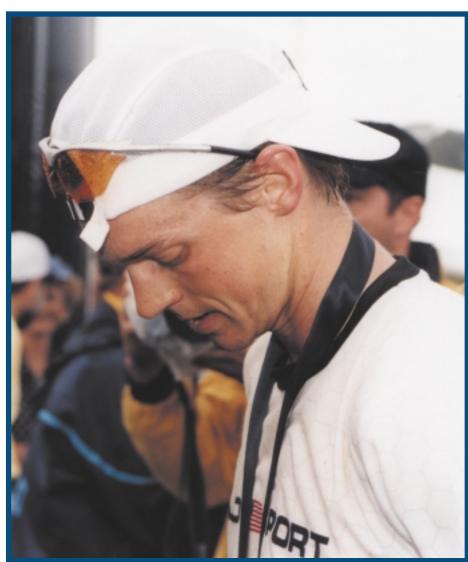
with hills and flat sections as well as some good, strong wind. Niedrig immediately asserted himself on the bike, hoping to stay alone up front all day. I was in a group with Cam Brown, Tony O'Hagen, Scott Ballance, and Peter Clode. stayed about three minutes behind Niedrig until I received a drafting call along with Scott Balance. After that, I decided to push the pace in order to drop some of the strong runners in the pack and hopefully make up some time on Niedrig. The women's race was playing out as planned. The pre-race favorite, Melissa Spooner of Canada, took control on the bike ahead of Robyn Roocke of Australia and Karen Mills of NZ. Melissa entered the bike to run transition with a six minute lead and a determination to win her second Ironman race.

Niedrig finished the bike about 2:15 ahead of O'Hagen and me. I had gained three minutes on Brown and

Ballance in the last 50km, so after my stint in the sin bin, I started the run with them. I immediately pulled away, and slowly reeled in O'Hagen by the 10 mile mark. I then set off after Niedrig. The run was also two loops, and with three turnarounds, it was easy to gauge how close you were to the next guy.

Melissa Spooner was running well, but things were starting to not look as secure. Behind her, Karyn Mills and Robynn Rooke were running together and gaining big time on the leader. I finished the first loop of the run 35 seconds behind Niedrig. I loved the feeling of running back through town with the big crowds. Even with the continuous rain falling, the streets were packed with spectators. I had to be careful not to let my adrenaline get the best of me. I also got a chance to see if anyone was gaining from behind. I noticed that Cam Brown was running strong and had not faded at all.

Once out of town, I finally passed Niedrig





Tim and second place finisher Cameron Brown of New Zealand

and took the lead. I thought that if I could run steady to the last turnaround and then build from there, I could win. Melissa was in a bit of a different situation. Her lead was down to under a minute. Mills had pulled away from Rooke and was putting her running talent to good use. Just as it looked like she might pull off a big upset, Melissa stepped it up and started to take back time. It showed her toughness at this distance, and her lead began to grow again.

I was running steady as I came back into town and thought that I was going to win. At 2 km to the finish I glanced back and saw a motor bike just behind. Cam Brown was coming hard, and closing the gap. I wasn't sure how far back he was, but I surely didn't think he would catch me. I rounded the last turn to the finish and enjoyed the roar of the crowd. It was nice to finally have a big win under my belt. Before I could even turn around there was another roar, and Cam Brown rounded the turn to finish 15 seconds after me. The crowd was crazy as the rain poured on. Niedrig finished third, some minutes back,

and looked like he had spent just a little too much on the bike.

Melissa Spooner had finished strong and won the women's race with a comfortable lead and the Canadian flag waving high in her hand. Karyn Mills, in her Ironman debut, almost pulled off the biggest win of her life. Third went to the fastest women's runner of the day, Lisa "Before Bentley from Canada, who passed runner after runner on her way to the finish.

I could even

The race was a huge suc-The move from Auckland turned was no traffic, the crowds were I would tiful and challenging. desiring to go the Ironman disily. Besides the bungy jumping New Zealand, there are hundreds area alone. My personal favorite perfect for soaking tired muscles enough good things about the race, the

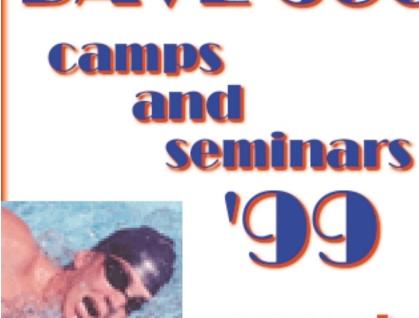
next year.

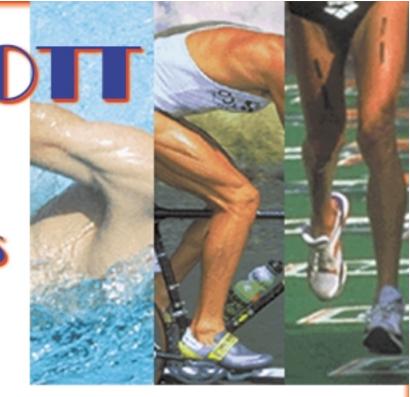
turn around there was another roar. and Cam Brown rounded the turn to

finish 15 seconds after me."

cess, and not only because I won. out to be the real winner. There great, and the course was beaurecommend this race to anyone tance, and bring the whole famand jet boating so well known in of other attractions in the Taupo was the hot springs. They were before and after the race. I can't say people, and the town of Taupo, and with the promise of sunshine and the first Ironman of the new millenium, I'm sure it will be a huge hit again ₩

DAYE SCOTT camps and seminars





www.davescottinc.com

Ironman Triathlon Camp

July 14-18 1999

Lake Placid, New York

Site of the new Ironman USA:

For more information visit the website above, or contact us at: 303.786.7184, fax 303.786.7322 email: info@davescottinc.com

